

Increase Profits and Revenue With Fitness Evaluations and Custom Training Programs

The iMETT takes a person's actual V02 submax test results and automatically creates customized personal workouts and progressions while other systems stop at only reporting these test results, leaving the user or trainer to try to figure out how to apply this data themselves.

What Type of Training Programs Are Used?

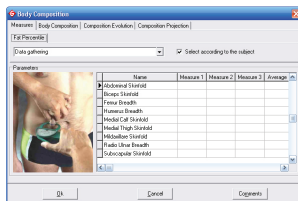
The iMETT is based on "True Interval Training" which is a technique that alternates between short intense exercise efforts with periods of "TRUE" recovery. This will take you from 65% of max heart rate to 95% and back to 65%.

iMETT Standard Package **4,045.00 €**
Includes: Metabolic testing device & Quick Reference Periodization software

iMETT Premium Package **4,315.00 €**
Includes: **Standard Package + Marketing package, General Fitness Software, Sports Specific Software and all 6 additional modules listed below**

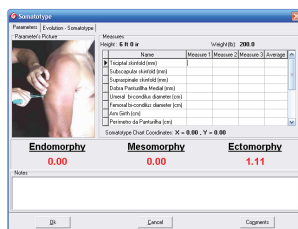
Customize Your iMETT With Additional Modules

General Fitness Periodization Software - Cardio progressions for different fitness levels and goals for club members	135.00 €
Sports Specific Periodization Software - Cardio progressions designed for preseason training preparing for a specific sport	135.00 €
Postural Analysis Module - Picture grid that helps compare pre and post pictures of individual subjects to show improvement	135.00 €



Pictured: Body Composition Module

Body Composition Module - Shows how to take BF measurements and reports in graph form changes to body composition	90.00 €
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Pictured: Body Type (Somatype) Module

Body Type (Somatype) Module - Using body fat and body measurements to give a client type body type.	90.00 €
Girth Measurements Module - shows how to take measurements in keys areas of the body and reports in graph form changes to body	90.00 €
Flexibility Testing Module - Reports and graphs sit and reach data	90.00 €



Benefits of True Interval Training

Develops all energy systems

- Aerobic
- Anaerobic
- Peak- PC

Burns Calories

Increased Motivation

Increased Cardio Strength

Increased Metabolism

Additional Options

Additional Security Dongles (allows usage on another computer)	360.00 €
Heart Rate Strap	55.00 €
Additional Face Mask (sm,m,lg)	110.00 €
Additional Headgear for mask	55.00 €
Replacement Pneumotach	35.00 €
Carrying Case	115.00 €
In-Service Metabolic training (8 hours with 8 CE credits)	1,350.00 €

Michaelangelo - Provides real time heart rate monitoring for group exercise or team sports

12 User	3,145.00 €
24 User	5,625.00 €
36 User	8,325.00 €

Promote The iMETT with Turn Key Marketing Materials **275.00 €**

Includes: iMETT Marketing Package - Includes 50 brochures, 2 posters, 2 pop display stands, CD with electronic ad's and copies of all material

